



## EDUCATING YOUNG PEOPLE IN UZBEKISTAN ON A HEALTHY LIFESTYLE

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### Abstract

The article focuses on importance of educating young people in Uzbekistan on a healthy lifestyle, encourage them doing sport in daily life. Moreover, the degrees devoted to support youth adopted by President of the Republic of Uzbekistan, statistics of opportunities created for our youth in our country were noted.

**Keywords:** Crucial factors, *daily, distribution, championships, healthy lifestyle, "Young Entrepreneur", "Youth Book", "Young Reader", the Foundation "El-Yurt Umidi".*

### Introduction

Young people have always been and remain the focus of the state policy of Uzbekistan. Today, our country is undergoing large-scale reforms in every area, works are underway to eliminate the urgent problems in society, and conditions are being created for the harmonious development and education of young people. Uzbekistan is now a country of youth. The young men and women who grew up on this land are full of dreams and hopes. Thanks to the fact that we have a leader who fulfills these aspirations, today's youth sets high goals and goes forward. The words of the President: *"We have set ourselves a great goal, namely, securing the foundation for a new Renaissance in our country, and for this purpose we must deliver an environment and conditions for nurturing new Khorezmis, Berunis, Ibn Sinos, Ulugbeks, Navois and Baburs. Crucial factors in this historic process, an integral part of our national idea, are the development of education and enlightenment, science and innovation, promotion of healthy lifestyle"* - opened up great opportunities for young people. It is common knowledge that work-leisure balance has major impact on the state of human body. Optimal daily routine – is the most rational distribution of main physiological needs of the person throughout the day as well as proper alternation of the various activities and leisure. Regimen facilitates normal functioning of the internal organs and enables maximum productivity of the person. Proper daily routine is an inherent part of the journey to healthy lifestyle.

In Uzbekistan wide scale efforts are underway to nurture healthy lifestyle and young generation, in line with modern requirements for regular classes of physical education and mass sports, strengthening of the youth by sports contests of will, belief in own strength and capabilities, nurturing valor, feeling of patriotism, and loyalty to Homeland, systemic effort to select talented athletes among the youth as well as further development of physical education and mass sports. Currently there are outstanding success stories of the youth at the Olympic Games, world championships, Asian games, international contests. Athletic potential and image of Uzbekistan in the world is growing. Active construction of sports facilities that comply with international standards are underway in the regions of the country. Three-



staged sports games such as Umid nihollari, Barkamol avlod and Universiafes are gaining immense popularity among the youth and students. Significance of mass sports in human life and family as the basis of physical and spiritual health, protection or harmful habits of the youth, entering life with big hope, providing young people the opportunities for implementation their abilities and talents, improvement of the system of selection and targeted preparedness talented athletes are being widely promoted.

In Uzbekistan major focus is on creation of essential environment for upbringing of harmoniously develop, physically fit, and emotionally mature individuals and promoting them in the society. This is also about the satisfaction of cultural and esthetic need of population, development of theatres, music, fine arts, and other forms of art. Systemic and focused efforts are underway for development of physical education and mass sports. Effective system for training high-class athletes, capable of representing Uzbekistan and attain high athletic results at prestigious international contests. In the framework of this sociological study, along with identification of the extent of involvement of the youth in sports to maintain their health, the focus was also on the facilities created at the academic institutions for sports and cultural events. It was identified what is the current place of health in the system of life values of the youth.

In various social and socioeconomic contexts of life and activities of the youth sometimes there are situations where attitude to education undergoes significant changes. This happens under the influence of many factors, among which: affiliation to different social groups, financial standing as well as changes in the educational system related to modernization. One of the factors of social affiliation is education of the parents. As indicated in the study, in the families, where parents have higher education, percentage of the youth who decide to apply to higher academic institutions after completion of the college or lyceum is 86.3% of respondents, while in case of parents who have secondary education, this figure stands at 63.1%. Also, excessively high indicators of strategies and plans for university admissions at the households with high incomes - 83.5%, compared to middle-income and lowermiddle income – 69.3%. Thus, behavioral models of the youth in modern society, leisure and self-development efforts to become a mature individual, vocation orientation of the youth, aspiration to obtain higher education are important dimensions of the success of the reforms and environment created for personal development in the country.

In conclusion it should be noted that today in our country, educating young people to a healthy lifestyle, protecting them from harmful habits, to spend their free time with useful activities remains an important issue at the national level. In this regard, a number of decisions and decrees adopted by our President have opened the door of opportunities for young people to lead a good life. For example, the projects "Young Entrepreneur", "Youth Book", "Young Reader", the Foundation "El-Yurt Umidi" are all aimed at the healthy development of our youth in a free country, they are the forces that serve them to grow up smart and find their place in life.



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